



सत्यमेव जयते

High Commission of India
Abuja

Press Release

Celebration of 9th International Day of Yoga (IDY)

The High Commission of India, Abuja celebrated the 9th edition of International Day of Yoga (IDY) in MKO Abiola National Stadium, Abuja on 17 June 2023. The Theme of the International Yoga Day 2023 is Yoga for Vasudhaiva Kutumbakam. On the occasion, around 1700 Yoga enthusiasts from all walks of life including Nigerian dignitaries, Heads of Diplomatic Missions, Members of diplomatic corps, Indian community and friends from Media participated in the IDY celebration. Around 260 students and teachers from the Government Day Secondary School Karu, 250 students from Mewar International University (MIU) as well as 350 cadets from National Youth Service Corps (NYSC) joined the event as special invitees. In addition to HCI, Abuja, celebrations were also held in CGI, Lagos, Port Harcourt, Kano, Kaduna and Cotonou, Benin with the participation of the Indian community and friends of India. The IDY 2023 proceedings in Abuja were live streamed on Mission's Social media handles.

2. Several Nigerian dignitaries participated in the Yoga session. H.E Mr. Alhaji Ismaila Abubakar, Permanent Secretary and Acting Minister, Federal Ministry of Youth and Sports Development attended the event as the Chief Guest. IDY 2023 was also attended by representatives of various Federal Ministries and organizations. The programme started with brief remarks by the High Commissioner. In his remarks, HC explained the importance of Yoga in modern lifestyle. He also highlighted the tremendous potential of this age-old practice to change our mental, physical, and spiritual health. After the remarks of the High Commissioner, Chief Guest, Hon'ble Permanent Secretary and Acting Minister, Federal Ministry of Youth and Sports Development, in his message highlighted the importance of Yoga in today's life and its potential role in promoting global peace and harmony.

3. The yoga session began with the demonstration of "Common Yoga Protocol" by Mission's yoga teacher Mr. Diptiranjana Mohanty. Participants performed synchronized yoga postures. This collective practice created a sense of unity and harmony, demonstrating the power of yoga in connecting individuals and fostering a shared sense of purpose.

4. The 9th International Yoga Day celebration was concluded successfully. It attracted a diverse range of participants and created an atmosphere of unity, well-being, and positive energy.

17 June 2023